Nebraska Fresh Fruit and Vegetable Program Training SY 2021-2022



Nebraska Department of Education
Office of Coordinated Student Support Services
Nutrition Services



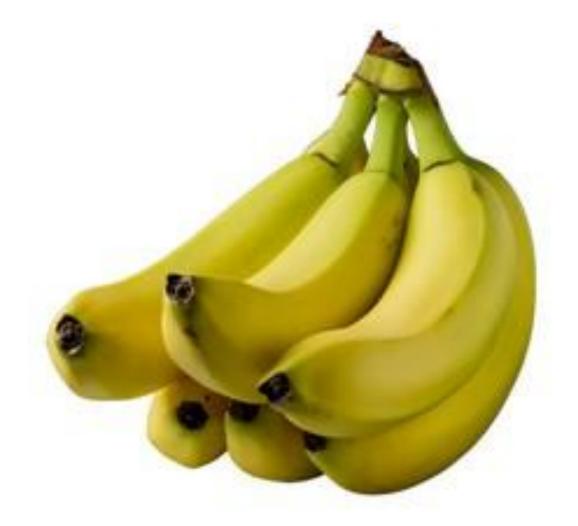
September 30, 2021 2:00 to 3:00 PM CST



Welcome!

- Thank you for all you do in your school and districts to support student wellbeing!
- We are grateful for your continued work to support all child nutrition programs and the difficult work that you do each day amid the pandemic!

I am planting seeds for a better future.



Training Topics

FFVP Handbook

- Goals and purpose
- Administration, 21-22 Flexibilities Memo
- What is and is not allowed/FFVP during COVID
- Nutrition Education and Promotion
- Budgeting for the FFVP
- Administrative and Operational Costs
- FFVP Claims
- Integrating Local Foods

NDE FFVP Website



Goals & Purpose of the FFVP

Creates healthier school environments by providing healthier food choices:

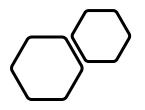
- Expanding the variety of fruits and vegetables children experience;
- Increasing children's fruit and vegetable consumption; and
- Making a difference in children's diets to impact their present and future health.



Administering the FFVP

- The U. S. Department of Agriculture (USDA) administers the program at the Federal level.
- The Nebraska Department of Education (NDE) administers the FFVP at the State level.
- FFVP sub-grants are awarded to eligible school buildings that apply to participate.
 - SY 2021-2022, 162 sites have been awarded, representing more then 57,500 Nebraska students who will be impacted by the program.





School Selection Criteria



 Represent one of the highest free & reduced priced meal program sites in Nebraska

• Participate in the National School Lunch Program; and complete an annual application for FFVP.

 See the list of awarded schools for SY 2021-2022



School Selection Criteria, continued

The NDE reserves the right to remove a school's application from consideration when:

- The school fails to meet the deadline for application completion.
- The school does not have support of its administration.
- There is concern with the school's administration of another Child Nutrition program.
- If a school cannot properly operate the FFVP, despite previous support and technical assistance offered from NDE.



How are funds dispersed?

The FFVP grant is awarded to schools in two parts:

- July I September 30, 202 I
- October I, 2021 June 30, 2022
- Funds not spent during the first allocation, July I — September 30, must not be used during the second allocation, October I — June 30.

Award Process

- Schools are officially allowed to spend funds once electronic award letters are received.
 - This year: August 9, 2021
- Return Addendum to the NDE
- Review Grant Requirements document
- Accept Invite to participate in the FFVP in the CNP system (sent out 9/30/21)



Running you FFVP Program

- Establish who does what,
 - Ordering produce
 - Preparing produce
 - Entering FFVP claim information (often is the same as other NDE child nutrition programs)
 - Establish a monthly budget remaining budget/8 months = budgeted funds per month
 - Look to see where your FFVP program can support your other school wide events- Halloween party (alternate funds needed to pay for chocolate chips and markers)





FFVP During COVID- SY 21-22 Flexibilities

- USDA Memo available on the NDE website: Fresh Fruit and Vegetable Program Operations for SY 2021-2022 During COVID-19

 https://cdn.education.ne.gov/wp-content/uploads/2021/09/SP19-2021s.pdf
- Service of FFVP for SY 21-22:
 - Outside of school day and/or alongside another meal program (When FFVP produce is used, additional fruit and veggies should be provided no cost to students)
 - Non-congregate setting- meals can be delivered to homes
 - Quantity of FFVP (no set serving size for FFVP, but must be in line with what you would serve per week at school)
 - Participation- if participating in SSO, you may serve to any child in attendance at your site, this could be cousins, younger siblings, etc. (vs. traditionally only served to children enrolled in that particular building)
 - High school students still remain ineligible to participate.
 - Nutrition Educational component- not required during the SY 21-22.
 - -Still encouraged!

Who Can Participate in the FFVP Program?

- Students who are:
 - Enrolled in a participating FFVP school (pre-K to 8th grade), which may include pre-school and Head Start students if present during the FFVP service, 21-22 flexibilities allow for any child (21-22 memo: siblings visiting a classroom/building or including siblings if sending the snacks home)
 - Snacks cannot be used as a reward or withheld for disciplinary reasons





Program Implementation

- Service plan 2 times a week minimum
- Nutrition Education
- Widely publicize the program within the school about the availability of free fresh fruits and veggies
- Program Promotion
 - Field days
 - Celebrations/Holidays
 - Apple Crunch day- October 21st
- Partnerships- local producers
- Program Implementation Plan, including forecasting spending and building a budget

What about teachers?

Classroom staff can partake, with the following considerations:

- 1. Teachers that partake should model positive eating habits and positively promote the produce, and when possible, include nutrition education component's
- 2. No additional funds will be provided for staff
- 3. Only staff directly responsible for serving the fruit or vegetables in a classroom setting may partake; teacher and paras



Serving Fruits & Vegetables



* The USDA Memo SP 19-2021 for SY 2021-2022 over-rides both rules. Consider using FFVP snack leftovers in after school programs as an additional FREE fruit or vegetable serving, at breakfast or lunch, or through your school's backpack program distribution. Especially during 2nd semester to be sure you utilize all 21-22 allotted FFVP funds.

Where can you serve?

- In a classroom, or as part of nutrition education
- From carts or stands in the hallway
- At a special kiosk
- From a central location in the school, such as the health office or main office.



Meal Accommodations for Students with Disabilities

If a child's disability prevents them from consuming fresh fruits and vegetables as prepared, the school must provide accommodations as they would for other school meals. Schools must consider how the requirement may be applied in the operation of the FFVP. For example, in providing accommodations for the FFVP, schools may have to modify texture. In doing so, schools should consider starting with fresh items and avoid pureeing canned or frozen fruits and vegetables, including baby foods. In most instances, fresh fruits can be pureed; we recognize that this is not always the case for vegetables. Fresh vegetables should be used when feasible but may be cooked and then pureed when needed.

The pureeing of fresh produce for students with disabilities must be done within the constraints of their medical requirements as allowed by their physician. However, schools should make sure that both the parent and the child's doctor are aware of the program and its intent to provide fresh produce in order to determine if the fresh items are an acceptable choice for texture modifications.

Have Students with Special Diet Needs?

FFVP Handbook pg 6

Food Safety

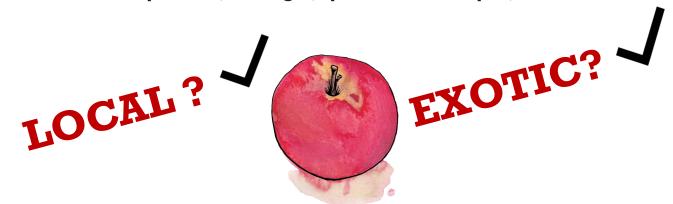
Follow USDA Best Practices when handling produce.

- Washing hands before handling produce (staff and students);
- Sanitizing food-contact surfaces & equipment;
- Washing produce;
- Labeling, dating, & refrigerating;
- Following local health requirements.



What is allowed for purchasing FFVP supplies?

- Fresh fruit and vegetables
 - Not canned, frozen, or dried
- Pre-sliced fruits and vegetables
- Pre-sliced and bagged fruits and vegetables
- Paper products needed for snack, napkins, bags, portion cups, etc.





Purchasing Fruits and Vegetables in the FFVP

- The "Buy American Provision"
- Fruits and Vegetables purchased with DOD Fresh Fruit and Vegetable Program Entitlement <u>can't be claimed</u> for FFVP reimbursement (SP 25-2014) Error in the FFVP handbook
- Produce purchased with FFVP funds may only be used for FFVP snack, not to purchase produce for school meals (additional flexibilities for the 21-22 SY)



Where do I purchase fruits and vegetables?

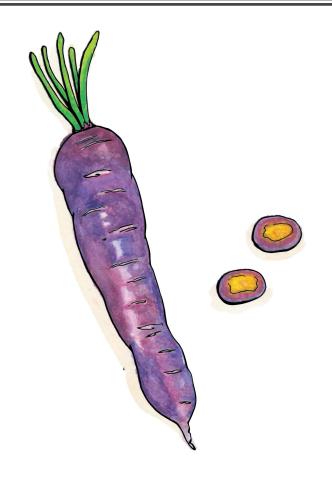
- Existing Food Distributors and/or Wholesalers
- Direct from local producers
- Farmers' Markets
- Local grocers
- School gardens or greenhouses



Procurement Process for FFVP 2021-2022

- Follow the normal Child Nutrition procurement process of using micro purchasing when appropriate.
- If you will make ongoing small purchases, work to get 3 bids if possible if you don't plan to purchases from all available suppliers. Document this effort if 3 bids cannot be secured
- If you are experiencing disruptions in suppliers' ability to deliver your produce order, and need a Short-term/short-notice solution, then emergency procurement can be used.
 - 21- 22 School Meals Supply Chain Procurement Strategies

Ideas for Fruits and Vegetables Menus





What is not allowed in the FFVP?

- Canned, frozen, or dried fruits and vegetables
- Processed or preserved fruits and vegetables
- Fruit and vegetable juices
- Flavored or carbonated fruits
- Fruit snacks (leathers or strips)
- Fruit or vegetable pizzas
- Smoothies
- Fruit dips





What's allowed in the FFVP occasionally?

Dips for Vegetables (fruit dip is not allowed)

- Low-fat, yogurt-based; or
- Other low-fat, or non-fat dips

Cooked vegetables (great for pre-K food experiences or 6-8 grade FCS class, etc.)

- No more than once per week; and must be part of a related nutrition lesson (Harvest of the month materials can support these efforts)
- Corn, zucchini, or other fall produce items are a great example of options that can be highlighted.

Serving Guidelines

- Serve 2 or more times per week (reference your FFVP application)
- Purchase and serve favorites while also introducing new items
- Fruits and vegetables should be presented in a form that is appealing and easy to consume
- No specific portion size required (age-appropriate)



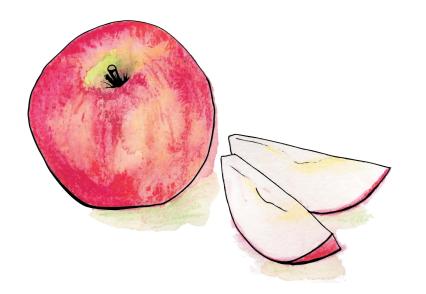
SEASONALITY CHART

This chart describes in general when Harvest of the Month items are available to purchase from local sources in Nebraska. Some items like leafy greens or asparagus can't be stored long term, but items like apples, cabbage, sweet potatoes and winter squash can be harvested and stored for longer periods of time. Local availability varies across the state and depends on many factors including:

- · Amount and type of products grown
- · Season extension practices like greenhouses and high tunnels
- · Local weather events
- · Storage capacity

Take potatoes as an example: Potatoes can begin to be harvested around July in Nebraska for small "new potatoes," with continued harvests of fully grown potatoes until the late fall. If the farmer has space and a sales outlet, harvested potatoes can be stored for months. Some farmers grow enough potatoes to sell right away and will not have items in storage, while others may grow enough to store and sell throughout the winter and into spring.

Seasonality



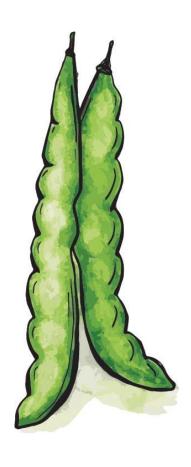
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
MELONS												
CABBAGE					V/							
APPLES				7								
CARROTS												
TURNIPS		9										
WINTER SQUASH	•	•										
SWEET POTATOES	•	•										
POTATOES					54							
DRY BEANS					2)							
LEAFY GREENS												
ASPARAGUS												

KEY: Generally available from a local grower.

It's possible to find from a local grower.

School Team

- Program Coordinator
- Food Service Manager and staff
- Administration
- School Nurse
- Teachers (health, ag, etc.)
- Custodians
- Parents-PTO
- Student Government



Community Partners

- Nebraska Extension
- Local grocer
- Public health
- Parents
- Community Colleges
- Ag Education Program
- Non-profits
- Food Banks
- And many more possibilities...

Allowable FFVP Expenses: Operating Costs

- Costs associated with acquiring, delivering, preparing and serving fruits and vegetables.
- Examples of operating costs include:
 - Fruits, vegetables, or low-fat dip for vegetables only;
 - Non-food items like napkins, paper plates, gloves, trash bags;
 - Value added services such as pre-cut produce, ready-made produce trays, and delivery charges;
 - Salaries and fringe benefits for employees who wash and chop produce, prepare trays, distribute produce to classrooms, or clean up.



Allowable FFVP Expenses

Administrative Expenses

- Limited to 10% of the school's total FFVP grant.
- Expenses for:
 - Program planning, managing paperwork, obtaining needed equipment
- Examples of allowable administrative costs include:
 - Purchasing or leasing equipment that costs over \$100 such as refrigerators, coolers, portable kiosks, carts and portable food bars
 - Salaries and fringe benefits for employees who compile and maintain claims for reimbursement and other financial reports, plan and write menus, order produce, track inventory, and coordinate promotion activities.
 - Page 23 of the FFVP Handbook

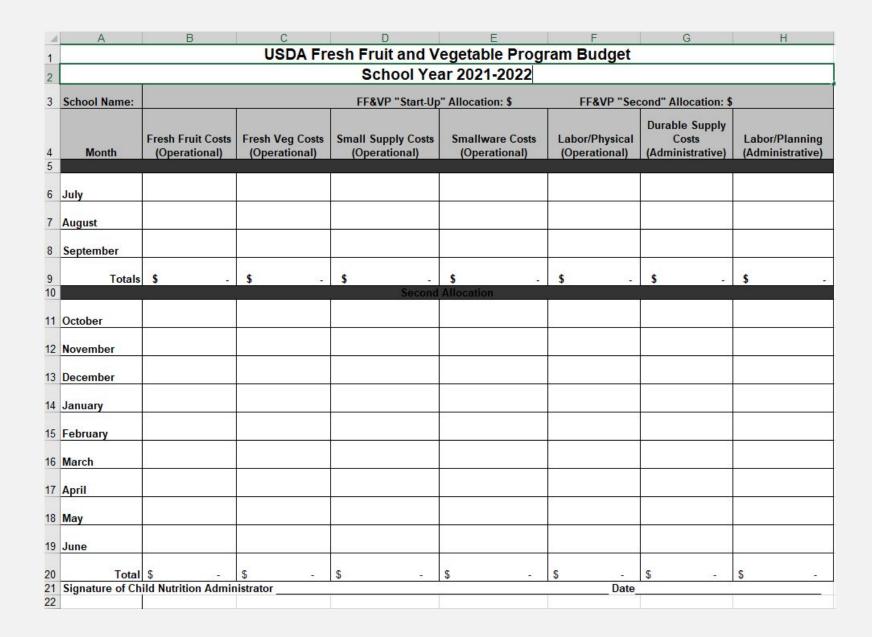


Recordkeeping

- Maintain copies of:
 - The school's FFVP application & agreement;
 - Purchase & procurement records;
 - Invoices & receipts;
 - Timesheets; and
 - Service calendars & production records, if applicable.
- Maintain records for at least four years.

Documentation and Planning for FFVP Costs

- Projecting food, labor, supply and equipment costs for the year
- Develop a budget and modify as needed



Time Certification

Employee Name (print legibly):	Month/Year:

Date	Hours Work	ed in FFVP	Total Hours	Date	Hours Work	Total Hours	
	Operating	Admin	Worked in FFVP	14.534710013	Operating	Admin	Worked in FFVP
1				17			
2				18			
3				19			
4				20			
5				21			
6	×			22			
7	*			23			
8				24			
9				25			
10	× ×			26			
11				27			
12	3.5			28			
13				29			
14				30			
15	-			31		45	
16				TOTAL			

A. (HOURLY PAID STAFF) Total hours worked in FFVP	x\$	(hourly wa	ge) = \$	(Total FFVP salary)
B. (SALARIED STAFF)				
Total hours worked in FFVP	÷ Total ha	ours worked		%
Total Salary for month \$	x	% = \$	(Tota	‡ I FFVP salary)
I certify that payroll records are o	on file to verify	the total wages	as listed a	bove.
Signature & Title of person compl	eting this infor	mation:		
Signature & Title of person compl	eting this infor	mation:		
54 (T-4) (S-4) 40 40 40 (B) (C B) (B) (B) (S-4) (B) (B) (B) (B) (B) (B) (B) (B) (B) (B				

I certify that this is an accurate record of the number of hours worked in the Fresh Fruit and Vegetable Program.

Required for all operational and administrative labor costs submitted on the monthly FFVP claim for reimbursement

FFVP Site Application Instructions SY 21-22

Log into Child Nutrition Programs and choose "Applications" from the upper left, then choose "Application Packet" from the menu of items

Full FFVP application instructions can be found here



Choose School Year 2021-2022:

School Year	Date Range	Application Packet	
NEV 2021 - 2022	07/01/2021 - 06/30/2022	Application Packet on File	
NEW! 2020 - 2021	07/01/2020 - 06/30/2021	Application Packet on File	
2019 - 2020	07/01/2019 - 06/30/2020	Application Packet on File	

Access the regular SNP site applications from the application packet page:

Action	Form Nam	e		Late Vers			
View Modify	Sponsor Ap	plication		Origi	nal Pending \	/alidation	
Details	Checklist Su	ummary					
Details	Attachment	List					
Site Applications	Approved	Pending	Return for Correction	Denied	Withdrawn/ Closed	Error	Total Applications
Site Application(s)	0	1	0	0	0	0	1
Seamless Summer Option	0	0	0	0	0	0	0



FFVP Monthly Claim



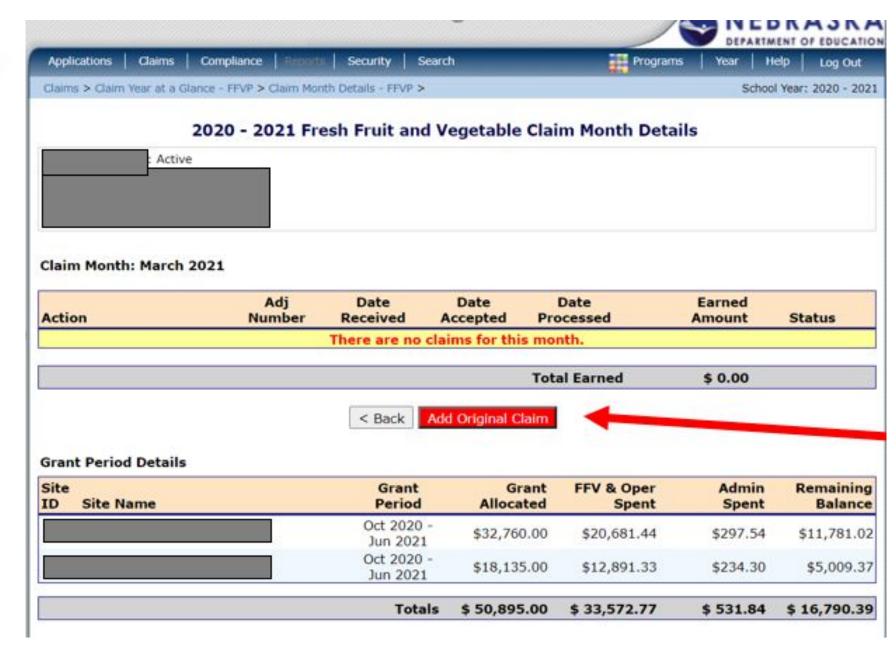
Entering FFVP Monthly Claim Information

Entering a FFVP Claim

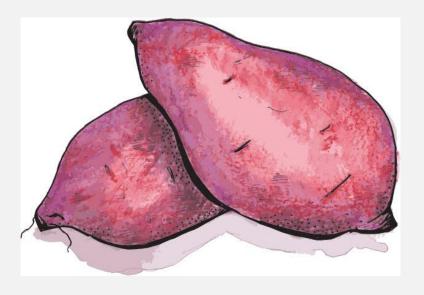


FFVP Claim Guide

*Remember:
Submit Claims
by 60-Day
Deadline



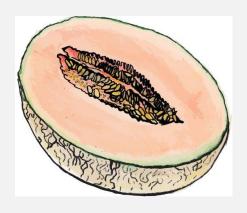
FFVP Claim: Fresh Fruit and Vegetable Costs

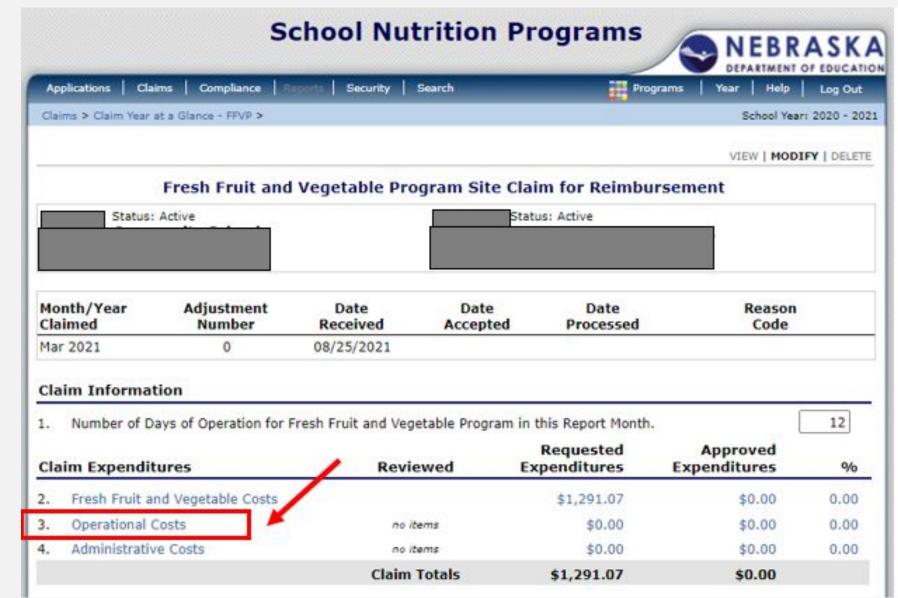


Fresh Fruit and Fresh Vegetables

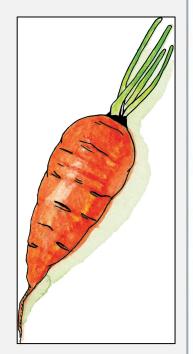
	Product Description	Invoice Date	Size/Weight of Shipping Unit	Number of Units	Cost per Unit	Unit	Status
1.	Banana	10/05/2020	150 ct	1.00	22.9100	22.91	REVIEWED
2.	Red Del Apple	10/05/2020	175 ct	1.00	24.1900	24.19	REVIEWED
3.	Cantaloupe Chunks	10/05/2020	5 lb	5.00	25.2100	126.05	REVIEWED
4.	Strawberry	10/05/2020	8 (16 oz)	2.00	35.4600	70.92	REVIEWED
5.	Red Grapes	10/08/2020	1 ctn	1.00	26.8200	26.82	REVIEWED
6.	Green Grapes	10/08/2020	1 ctn	1.00	26.9200	26.92	REVIEWED
7.	Kiwi	10/08/2020	36 ct	3.00	19.4500	58.35	REVIEWED
8.	Celery	10/08/2020	6 ct	5.00	11.4000	57.00	REVIEWED
9.	Watermelon Chunk	10/08/2020	5 lb	5.00	21.1100	105.55	REVIEWED
10.	Fresh Oranges	10/08/2020	88 ct	1.00	39.5800	39.58	REVIEWED
11.	Banana	10/19/2020	150 ct	2.00	22.9100	45.82	REVIEWED
12.	Fresh Cucumber	10/19/2020	12 ct	4.00	20.5000	82.00	REVIEWED
13.	Fresh Grape Tomato	10/19/2020	12 (1 pt)	2.00	29.6600	59.32	REVIEWED
14.	Honeydew Chunks	10/19/2020	5 lb	5.00	18.9600	94.80	REVIEWED
15.	Strawberry	10/19/2020	8 (16 oz)	2.00	34.4600	68.92	REVIEWED
16.	Fresh Orange	10/19/2020	88 ct	2.00	39.5800	79.16	REVIEWED
17.	Red Grapes	10/26/2020	1 ctn	1.00	26.8100	26.81	REVIEWED
18.	Green Grapes	10/26/2020	1 ctn	1.00	26.9200	26.92	REVIEWED
19.	Banana	10/26/2020	150 ct	1.00	22.9100	22.91	REVIEWED
20.	Celery	10/26/2020	6 ct	1.00	11.3700	11.37	REVIEWED
21.	Pineapple Chunk	10/26/2020	5 lb	5.00	21.6100	108.05	REVIEWED
22.	Fresh Orange	10/26/2020	88 ct	2.00	39.6300	79.26	REVIEWED
23.	Baby Carrot	10/26/2020	200 ct	1.00	27.4400	27.44	REVIEWED
				T	otal Cost	\$1,291.07	1,291.07
	Fresh Fruit and Vegetabl	le Costs				\$1,291.07	1,291.07

Enter Operational Costs





FFVP Claim: Operational Costs



Month/Year	Adjustment	Date	Date	Date	Reason	
Claimed	Number	Received	Accepted	Processed	Code	
Mar 2021	0	09/01/2021				9.5

Personnel Costs - Preparation and Service (Labor directly related to the preparation and serving of fresh fruit and vegetables)

Name\Position	# of Hours	Rate per Hour	Labor Cost	Item Status
☑ Jane Doe/Staff	13.00	14.4800	188.24	
More Lines		Total Cost	\$188.24	0

Small Supplies/Other Operational Costs (Small supplies - e.g. napkins, paper plates, utensils, bowls, pans and the like. Other - are such items as Low or no-fat dips, etc.)

Total Cost

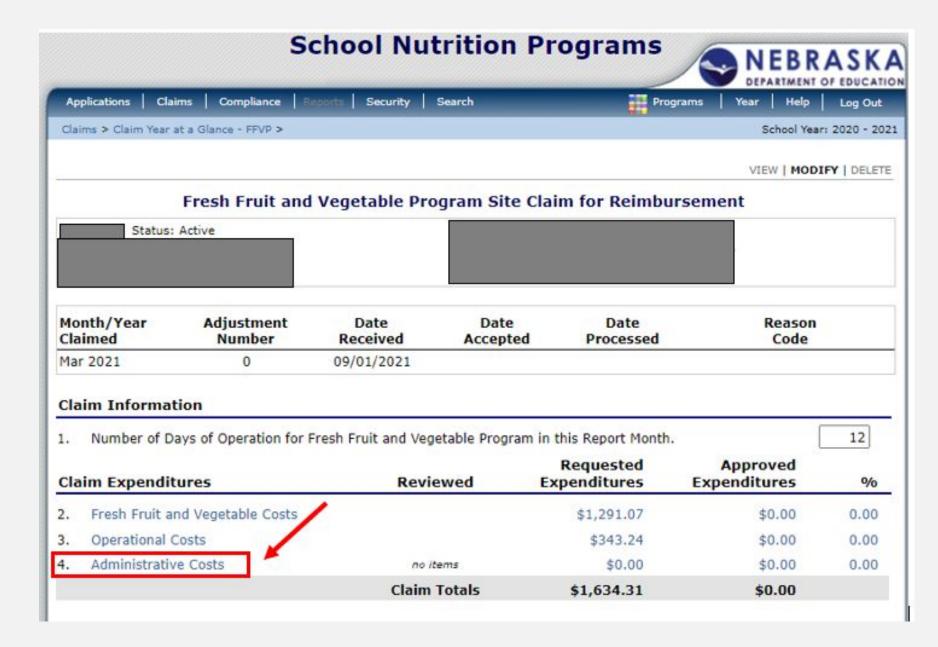
\$188.24

0.00

	Product Description	Invoice Date	Number of Units	Cost per Unit	Total Unit Cost	Item Status
1.	☑ 2 OZ LITE RANCH CUPS	03/04/2021	2.00	12.0000	24.00	
2.	6.5 x 7 IN HI-DEN BAGS	03/04/2021	2.00	10.7500	21.50	
3.	☑ 4 OZ PLASTIC CUPS	03/04/2021	1.00	58.6100	58.61	
١.	4 OZ PLASTIC LIDS	03/04/2021	1.00	35.8900	35.89	
5.	DELIVERY	03/08/2021	1.00	15.0000	15.00	
	More Lines			Total Cost	\$155.00	0.00
	Operational Costs				\$343.24	\$0.00

Enter Administrative Costs





FFVP Claim: Administrative Costs

Personnel Costs
(Labor includes but not limited to planning, ordering, writing menus, reporting, billing, tracking, inventory, etc.)

Name\Position		# of Hours	Rate per Hour	Labor Cost	Item Status
1.	Jill Doe/Food Service Director	2	18.10	36.2	
2.					

rable Cupplies

More Lines

\$ 36.20

\$ 0.00

Durable Supplies (Equipment purchases and leasing)

	Product Description	Invoice Date	Number of Units	Cost per Unit	Total Unit Cost	Item Status
1.	Bussing Utility Transport Cart, Metal	4/4/21	1	439	439	
2.	Sunkist Sectionizer	4/13/21	1	277	277	
3.						

More Lines

Total Cost

Total Cost

\$ 716.00

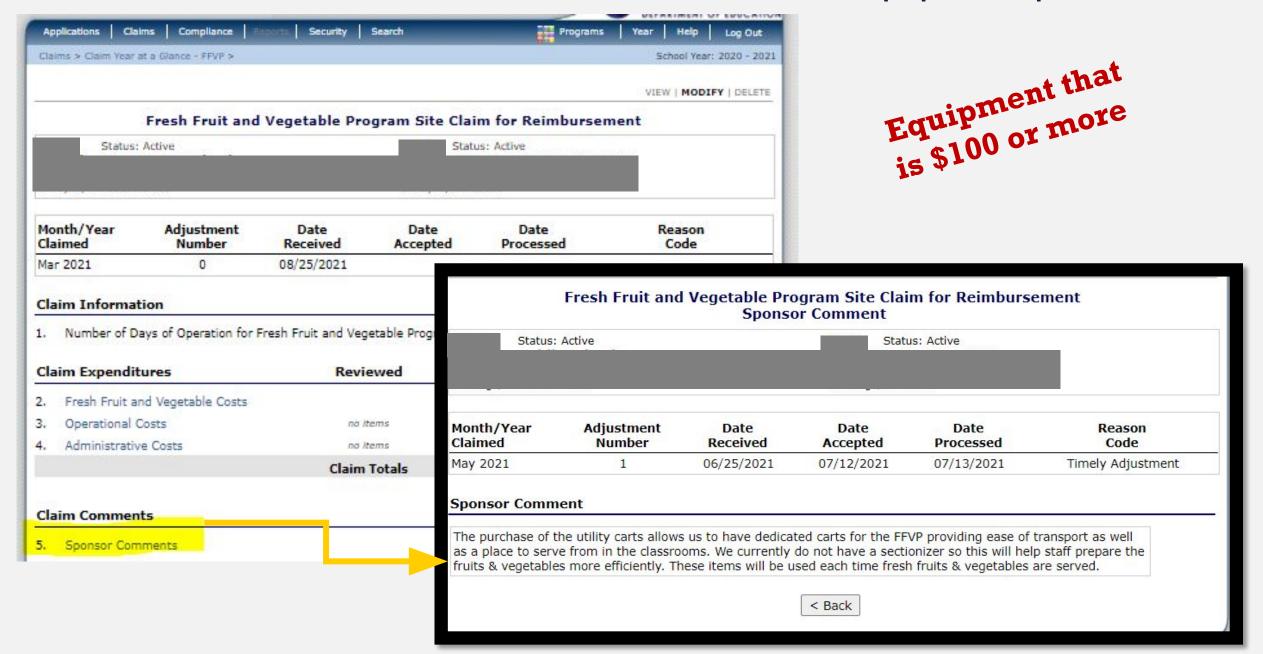
\$ 0.00

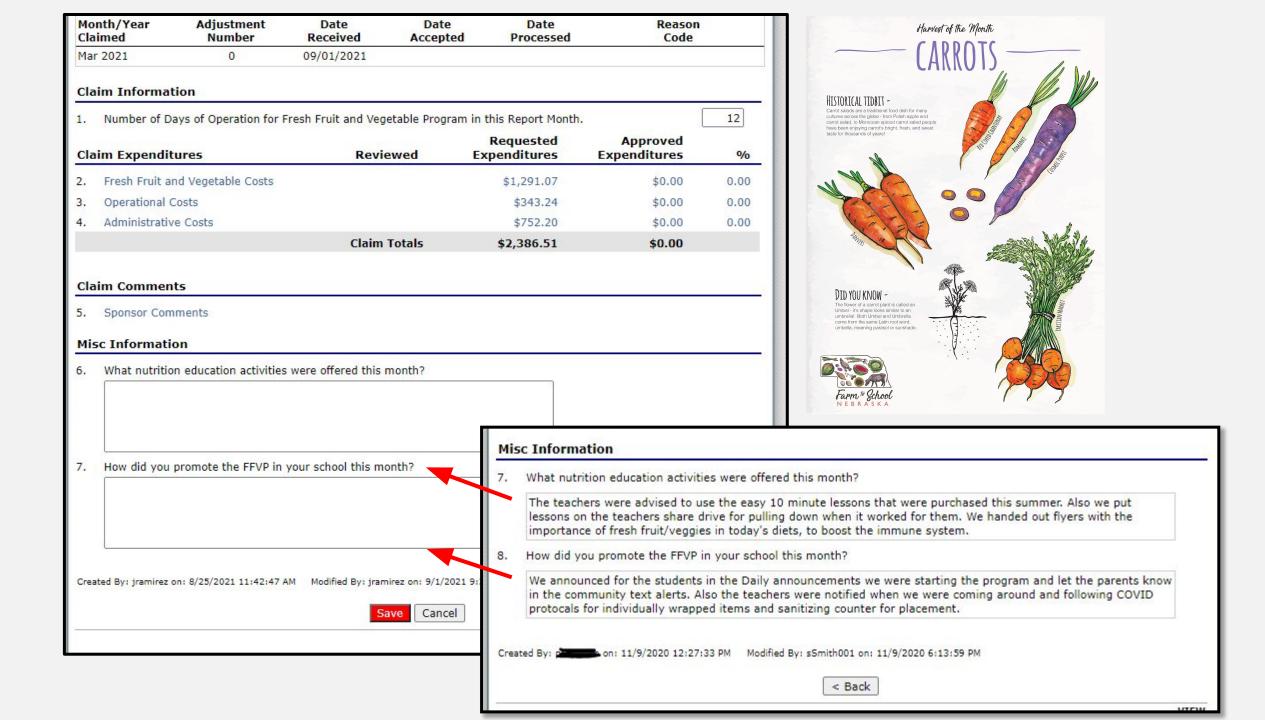
Administrative Costs

\$ 752.20

\$ 0.00

Where does the school document Administrative equipment purchases?





Claim Submission

Month/Year	Adjustment	Date	Date	Date	Reason
Claimed	Number	Received	Accepted	Processed	Code
Mar 2021	0	09/02/2021			

Actions	Site ID	Site Name	Errors	Status
View Modify	0008		9	Validated
View Modify	0009			Validated

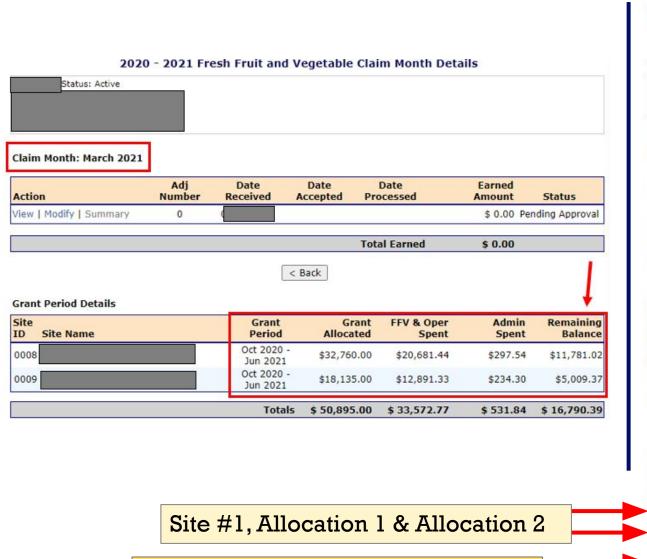
Print All Claims Submit For Payment Approve

DELETE

Claim - Month

&

Claim - Year Summary



Site #2, Allocation 1 & Allocation 2

	2020 - 2021 Fresh Fruit and Vegetable Claim Year Summary							
Status:	Active							
Claim Month	Adj Number	Claim Status	Date Received	Date Processed	Earned Amount			
Jul 2020					\$0.00			
Aug 2020					\$0.00			
Sep 2020	0	Processed	10/20/2020	10/21/2020	\$3,270.79			
Oct 2020	0	Processed	11/13/2020	11/18/2020	\$5,659.79			
Nov 2020	0	Processed	12/14/2020	01/13/2021	\$8,460.64			
Dec 2020	0	Processed	01/20/2021	02/26/2021	\$5,383.04			
Jan 2021	0	Processed	02/18/2021	03/10/2021	\$6,837.15			
Feb 2021	0	Processed	03/16/2021	03/17/2021	\$7,763.99			
Mar 2021	0	Pending Approval	04/02/2021		\$0.00			
Apr 2021	0	Pending			\$0.00			
May 2021					\$0.00			
Jun 2021					\$0.00			

School Year: 2020 - 2021

\$37,375.40

\$ 669.82 \$ 19,174.60

Year to Date Totals

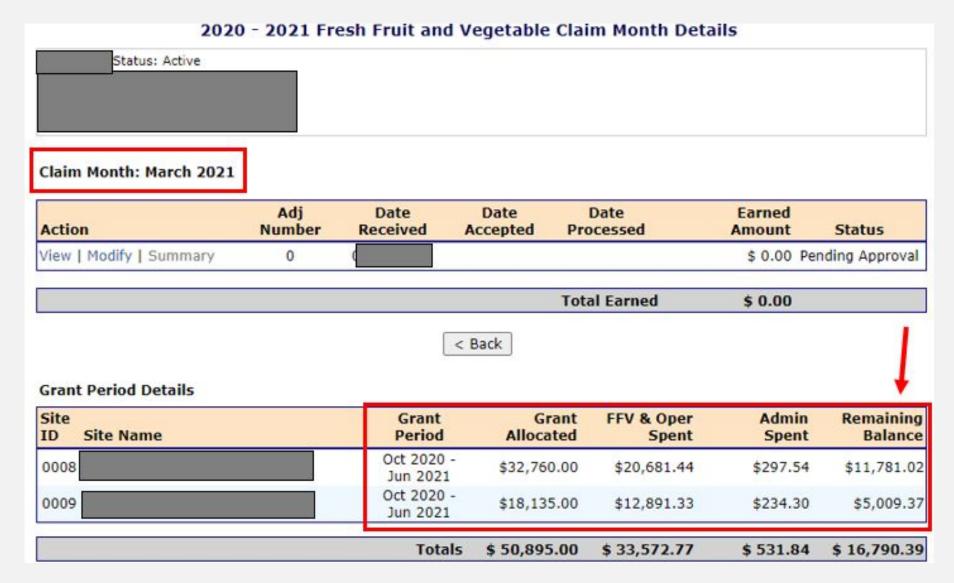
< Back

Grant Details School Year 2020 - 2021

Claims > Claim Year at a Glance - FFVP >

Site ID Site Name	Grant Period	Grant Allocated	Oper Spent	Admin Spent	Remaining Balance
0008	Jul 2020 - Sep 2020	\$3,640.00	\$1,871.07	\$83.32	\$1,685.61
0008	Oct 2020 - Jun 2021	\$32,760.00	\$20,681.44	\$297.54	\$11,781.02
0009	Jul 2020 - Sep 2020	\$2,015.00	\$1,261.74	\$54.66	\$698.60
0009	Oct 2020 - Jun 2021	\$18,135.00	\$12,891.33	\$234.30	\$5,009.37
	11		144		

Totals \$ 56,550.00 \$ 36,705.58

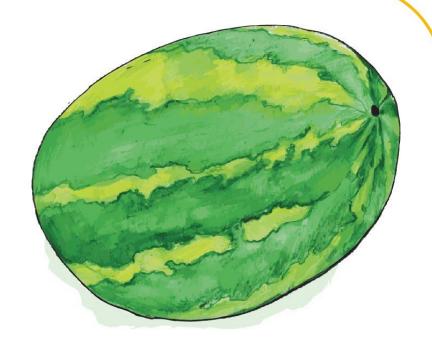


Budgeting for the FFVP

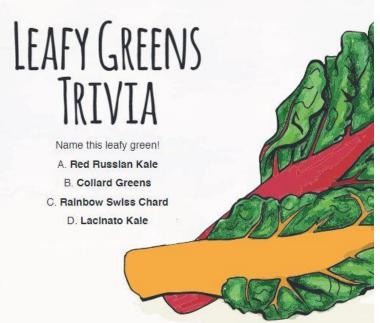
Nutrition Education

FFVP Nutrition Education can support your USDA Wellness Policy goals

- Nutrition education activities should be age-appropriate
- Free resources & materials are available from the USDA's Team Nutrition & other federal agencies
- Monthly newsletters
- Student posters
- Nebraska Harvest of the Month
- https://www.education.ne.gov/ns/farm-to-school/



Harvest of the Month NEBRASKA





EXDYINH WATERMELO AJFLESHA CANTALOUP HONEYDEW RDENHHNE HUXCOALP SUMMER FRUIT IHKECOSOO VINE VITAMINS ENMNOCA SEEDS NIMHCXTT FLESH EXBEJXN ANCIENT RMELONYA GARDEN DEESDERC SEASON

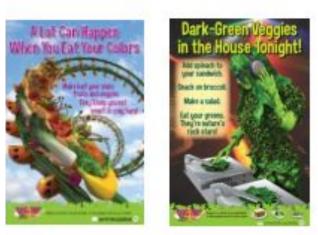
Harvest of the Month NEBRASKA

"The students that picked from the greenhouse showed off their heirloom tomatoes and peppers." Winnebago

FFVP Nutrition Education Kits



2021 FFVP Toolkit guide provided here



Team Nutrition Poster Sets



Suggested Uses for FFVP Promotional Materials

- Hang the FFVP signage prominently in your school building so parents and teachers become aware of the program.
- The cutting board and apple slicer can be used in the classroom for cooking demonstrations, pending health and safety precautions. Prepare fresh fruits and vegetables with students prior to serving the FFVP snack.
- Fun stickers and bookmarks are great rewards for students that try a new fruit or vegetable snack.
- Promote the program with bulletin boards and with informative newsletters going home to families.



Nutrition Promotion

- Utilize the fresh fruit and vegetable program for nutrition promotion to align with other school day events such as:
- Red Ribbon Week- red fruits & veggies
- Holidays events/programs
- Celebrations- Class met reading goal
- School Assembly
- School wide event
- Farm to School Week
- USDA Crunch Off competition





Mountain Plains Crunch Off Event!

- <u>Register</u>
 <u>https://www.surveymonkey.com/r/79XXHNM</u>
- Nebraska Crunch Off website-
- https://www.education.ne.gov/ns/farm-to-school/mountain-plains-crunch/

Nutrition Promotion

- Use the Snacktivies guide to provide ideas for classroom activities or to promote FFVP snacks at home with families.
- Light ranch can be offered with this snack.
- Click link for more recipes



<u>Veggie Turkey</u>

Ingredients

- Carrot sticks- 1 pound
- Celery sticks- 1 pound
- String cheese- 1 oz or one whole string cheese per child
- Plastic knives
- Light ranch dressing
- Turkey faces- Have students decorate a paper turkey face on brown paper and glue to cups.



- 2. Use pre-cut carrots or have adult cut into long slices.
- 3. Use pre-cut celery or have adults cut the celery into long skinny sticks.
- 4. Have the children decorate the turkey face (next page) and glue to the cup.
- 5. Have children assemble the turkey similar to the picture shown- add the string cheese, 3 carrot sticks and 3 celery sticks.
- 6. Offer ranch dressing with the snack cup if desired.

Preschool Friendly Recipe



- Good source of Fiber
 - Packed with VITAMINS



http://catchmyparty.com/photos/800261

FFVP Program Promotion

Can help you meet family engagement goals:

- Newsletters home to families
- PA announcements
- Social Media
- Bulletin Boards
- Monthly menus
- Hold a special event
- FFVP table at Open House
- Promote to staff at district pre-planning

Harvest of the Month NEBRASKA

DRY BEANS



Nebraska Harvest of the Month celebrates dry beans this month! Pinto, Black and Great Northern beans are just a few versatile varieties grown in our state. School Nutrition Staff at your local school will be preparing recipes featuring locally grown beans.

SELECTION, STORAGE & COOKING:

- Shell/dried beans are allowed to mature and then harvested from the vine or bush. Dried beans come in many colors, shapes and sizes and can be stored for months in a cool dry location.
- Dried beans are soaked to absorb water and will become double to triple their size; cook to make them edible and digestible.

NUTRITION TIPS

Dry beans can be eaten raw, sprouted or cooked, ground into flour, curdled into tofu, fermented into soy sauce, tempeh and miso. They are excellent in chili, soup and salad.

SEASONAL AVAILABILITY

JAN FEB MAR APR MAY JUN
JUL AUG SEPT OCT NOV DEC

HUMMUS

Ingredien

- ½ cup olive oil
- · 1/s cup garlic cloves, chopped
- 1 cup dry Great Northern beans, prepared and cooked or two
 15.8-oz. cans, drained and rinsed
- · 1/4 cup fresh lemon juice
- · 1 tsp. Ground cumin
- · 2 Tbsp. chopped fresh parsley
- . 1/2 Tbsp. salt and pinch of pepper

Directions:

- In a small saucepan, combine olive oil and garlic over mediumlow heat and lightly brown garlic. Cool, strain and reserve the oil and garlic separately.
- In a blender, blend beans, garlic, lemon juice, cumin and parsley until smooth. Carefully pour in oil with blender running until light and smooth.
- Salt and pepper to taste. Serve with raw veggies or pita chips, or add to a sandwich! Enjoy!

https://www.thespruceeats.com/whitebean-hummus-dip-3377730









Resources

• The USDA's FFVP Handbook

www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program

NDE's FFVP site

<u>www.education.ne.gov/ns/nslp/fresh-fruit-and-vegetable-program/</u>

- USDA Team Nutrition www.fns.usda.gov/tn
- NDE's Farm to School Resources www.education.ne.gov/ns/farm-to-school/

Nebraska Department of Education

The Office of Coordinated Student Support Services and the Nutrition Services program provides leadership that inspires service of nutritious meals to children, students and adults.



